



Cobb County...Expect the Best!

# West Cobb Senior Center

## Ongoing Activities

<b>MONDAY through FRIDAY</b>		
8:00 a.m. – 9:00 a.m.	Walking group	Daily
8:30 a.m. – 4:30 p.m.	Pool – cues available	Daily
Various times	Retreads Hiking Club Details: <i>Dee Adamson</i> (770) 966-9480 <i>Nancy Parke</i> (678) 581-9265	Mon, Tue, Thu, Sat
9:00 a.m.	West Cobb Senior Golfers Contacts: <i>Earl Rice</i> (770) 436-9517 <i>Jackie McKenzie</i> (770) 436-3456 <i>Dac Cardelli</i> (770) 594-0909	Wednesday: <i>Fox Creek</i> Thursday: <i>Legacy</i>
<b>MONDAY</b>		
9:00 a.m. – 10:00 a.m.	Focus on Fitness*	Weekly
10:00 a.m. – 12:00 p.m.	Knit Wits knitting group	Weekly
10:00 a.m. – 1:00 p.m.	ADK (Fidelis Lambda Retired Teachers)	3 <sup>rd</sup> Mon No meetings: Jan, Jun-Aug, Dec
10:00 a.m. – 2:00 p.m.	Mah Jongg	Weekly
10:30 a.m. – 11:30 a.m.	Cobb County Retirees	3 <sup>rd</sup> Mon
10:30 a.m. – 12:30 p.m.	West Cobb Shutterbugs	4 <sup>th</sup> Mon
11:30 a.m. – 1:30 p.m.	Free Blood Pressure	1 <sup>st</sup> Mon
1:00 p.m. – 3:00 p.m.	Woodcarvers Club	Weekly
1:00 p.m. – 3:00 p.m.	Great Ideas Book Club	2 <sup>nd</sup> & 4 <sup>th</sup> Mon
1:00 p.m. – 4:00 p.m.	Ballroom Dance Practice	Weekly
1:30 p.m.	Movie Madness* Call for movie titles & registration	1 <sup>st</sup> Mon
4:00 p.m.	Bon Appetite – Dine Around* Call for restaurants & registration	1 <sup>st</sup> Mon
<b>TUESDAY</b>		
9:00 a.m. – 12:00 p.m.	Chess	Weekly
9:00 a.m. – 10:00 a.m.	Senior Strength Training*	Weekly
9:30 a.m. – 1:30 p.m.	Open Bridge	Weekly
10:00 a.m. – 11:30 a.m.	West Cobb Bookends	Last Tue
10:00 a.m. – 12:00 a.m.	Mexican Train Dominoes	Weekly
10:30 a.m.	F.A.N. Club (Friends & Neighbors) Details: <i>Pat Cerutti</i> (770) 675-3600	1 <sup>st</sup> Tue (Sep – May)
12:00 p.m. – 4:00 p.m.	Mah Jongg	Weekly

1:00 p.m. – 3:00 p.m.	Wii...Love Bowling*	3 <sup>rd</sup> Tue
1:00 p.m. – 3:00 p.m.	Scrabble	Weekly
2:30 p.m. – 4:30 p.m.	Table Tennis	Weekly
<b>WEDNESDAY</b>		
9:00 a.m. – 10:00 a.m.	Focus on Fitness*	Weekly
10:00 a.m. – 3:00 p.m.	Stitch-In-Time	Weekly
12:00 p.m. – 4:00 p.m.	Bridge*	Weekly
<b>THURSDAY</b>		
9:00 a.m. – 11:00 a.m.	Free Blood Pressure	1 <sup>st</sup> Thu
10:00 a.m. – 11:00 a.m.	Golden Kiwanis	Weekly
10:30 a.m. – 11:30 a.m.	80s Ladies	3 <sup>rd</sup> Thu
1:00 p.m. – 4:00 p.m.	Assorted Cards & Games (hand and foot, pinochle, domino, others)	Weekly
1:00 p.m. – 4:00 p.m.	Melody Makers Chorus	Weekly (Sept – May)
1:00 p.m.	NCGA Ex-POWs Club	3 <sup>rd</sup> Thu
<b>FRIDAY</b>		
9:00 a.m. – 10:00 a.m.	Focus on Fitness*	Weekly
9:30 a.m. – 1:30 p.m.	Open Bridge	Weekly
10:00 a.m. – 12:00 p.m.	Magnolia Porcelain Art Guild	3 <sup>rd</sup> Fri
10:30 a.m. – 12:30 p.m.	Danc’N Square Club	2 <sup>nd</sup> & 4 <sup>th</sup> Fri
1:00 p.m. – 3:00 p.m.	Clown Alley	2 <sup>nd</sup> Fri
1:00 p.m. – 4:30 p.m.	Table Tennis	Weekly
7:45 p.m. – 10:30 p.m.	Stardust Dance Club Details: <i>Bill Clements (770) 919-1072</i>	2 <sup>nd</sup> Fri

\*Advance registration required

December 2008